

## Full Report (All Nutrients) 45178743, ORGANIC PREMIUM SEASONED CROUTONS, UPC: 711535507086

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**Report Date: June 13, 2017 07:20 EDT**

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer WILD HARVEST

Nutrient	Unit	Data points	Std. Error	5.0 CROUTONS 7g	1 Value Per100 g
<b>Proximates</b>					
Energy	kcal	--	--	30	429
Protein	g	--	--	1.00	14.29
Total lipid (fat)	g	--	--	1.00	14.29
Carbohydrate, by difference	g	--	--	4.00	57.14
<b>Minerals</b>					
Iron, Fe	mg	--	--	0.36	5.14
Sodium, Na	mg	--	--	65	929
<b>Vitamins</b>					
<b>Lipids</b>					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	--	--	1.000	14.290
Fatty acids, total polyunsaturated	g	--	--	0.000	0.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

### Amino Acids

### Other

### Ingredients

ORGANIC WHEAT FLOUR, ORGANIC SUNFLOWER AND/OR ORGANIC SAFFLOWER OIL, ORGANIC CRACKED RYE, ORGANIC CRACKED WHEAT, YEAST, 2% OR LESS OF: SALT, ORGANIC WHEAT GLUTEN, ORGANIC SUGAR, ORGANIC GARLIC POWDER, ORGANIC ONION POWDER, ORGANIC DEHYDRATED PARSLEY *Date Available: 12/14/2016 Date Last Updated by Company: 12/14/2016*